

Participants in Northampton Senior Services Programs & Services MUST have a NSS Scan Card

June Artist - Join us for Donna Verville's display of photography: Creative Focus. Her photography will be displayed during the month of June with an opening reception on Wednesday June 1st from 7:00-8:00 pm. All are welcome to view the display at the Northampton Senior Center.

Call the Senior Center at 413-587-1228 to make appointments or register for the events that need pre-registration or come to the Senior Center, 67 Conz St.

New Programs and Presentations this month

GO THE DISTANCE MILE WALK CHALLENGE-Lace up your sneakers and join us for the Massachusetts One Mile Walk Challenge. The walk challenge is sponsored by the Massachusetts Association of Councils on Aging and Keep Moving Walk Clubs. All ages are welcome. Water will be provided. Light refreshments after the walk. Register at 413-587-1228.

FATHER'S DAY BREAKFAST-Friday June 10 at 9:00 am. Free for Northampton seniors. \$5 for non-resident seniors and guests of a senior. Pre-registration required. Pancakes, sausage, fruit, juice and coffee.

90 & UP BIRTHDAY CELEBRATIONS-Tuesday June 21 at 11:30 am. Northampton Senior Services invites you to a birthday celebration for Northampton's nonagenarians & centenarians! The celebration is by invitation only. Guests will enjoy a complimentary luncheon including birthday cake. R.S.V.P. by Wednesday June 15 to 413-587-1228. If you require special assistance, your assistant may partake in the luncheon for a \$6.00 fee.

AMERICAN RED CROSS NORTHAMPTON COMMUNITY BLOOD DRIVE-Wednesday June 22 from 12:00 pm-6:00 pm. Prevent a summer

shortage. Give blood. Sponsored by the American Red Cross and Northampton Senior Services. Event takes place at the World War II Club, 50 Conz Street, Northampton. For an appointment please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org

RETIREMENT RECEPTION & CELEBRATION-Thursday June 23 from 1:00-3:00 pm. You are cordially invited to join us for a reception in honor of Patte Shaughnessy, Director of Northampton Senior Services. Patte has been a loyal, caring, and dedicated city employee in Northampton for thirty three years (!) with fifteen of them serving as the Director on the Council on Aging. Please join us as we wish Patte a very happy retirement as she starts this new chapter of her life. Please RSVP to: Barbara Kaczinski: bkaczinski@northamptonma.gov or Heather Cahillane: hcahillane@northamptonma.gov

CANCER CENTER INFO SESSION-Friday June 24 at 1:00 pm. Please join us in welcoming Dr. Barrett Newsome from the Mass General Center at Cooley Dickinson Hospital for an informational session. The lecture is free and open to all. Pre-registration is required as seating is limited.

STRAWBERRY SHORTCAKE CELEBRATION-Monday June 27 at 1:00 pm, sponsored by Highview of Northampton. Free with a scan card. Preregistration required.

TEACUP BIRD FEEDERS-Tuesday June 28 at 1:30 pm, sponsored by CareOne at Northampton. Join Trish to make a teacup bird feeder to take home. Pre-registration required.

SENIOR FARMSHARE PROGRAM: DEADLINE EXTENDED TO JUNE 17! The Grow Food Northampton Senior Farmshare Program offers affordable farm shares to low-income senior citizens of the City of Northampton. Applications available at www.growfoodnorthampton.com and at the Northampton Senior Center.

CHAIR VOLLEYBALL RETURNS! Join us on Tuesday afternoons at 2:00 pm beginning on June 14 for the return of chair volleyball. A low key way to have fun and get in a little exercise. Resident and non-resident seniors welcome.

COOKING WITH SHERRY: PICNIC WHERE YOU CAN-Thursday June 30 at 10:00 am. On the menu: Summer Chicken Saute, Fresh Mint Tea, Homemade Sour Cream and Lime Ice Cream & Fresh Berry Shortcake. Pre-registration required. \$15 resident; \$20 non-res.

* Indicates pre-registration required due to a minimum enrollment. Programs not meeting enrollment will be cancelled.

Dates and Times of Programs and Presentations

Wednesday June 1

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
11:00 Drop In Photography
11:30 Beginner/2nd Year Tap
12:00 Low Vision
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- *By appointment only*
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais
2:45 Tai Chi
7:00 Opening Reception for Donna Verville: Creative Focus A Photographic Journey
7:00 Group Sing
7:00 Yoga
7:00 Basic Email Use*
7:00 Coloring for Adults

Thursday June 2

8:30 Computer One on One Appts*
8:45 Strength & Stretch

9:00 Benefits Counseling appointments
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:30 Intermediate Tap
1:00 Piano with Jeff Olmsted*
1:00 Mahjongg
1:30 BINGO
2:45 Tai Chi

Friday June 3

Sign up deadline for FDR Trip
8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Nutritional Outreach
10:30 Low impact 2
12:00 Contract Bridge
12:30 Visit from Dewey the Therapy Dog
1:00 Gentle Chair Yoga
1:00 Senior Gay Men's Drop-in Group
1:00 Photo Club
2:45 Yoga
2:45 Tai Chi

Sunday June 5

11:00 am - 4:30 pm - Senior Swim - Free for Northampton residents and \$4.00 for non-residents age 55 and older at JFK's Aquatic Family Center

Monday June 6

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 Needle Workshop
1:30 Learn to Meditate
2:45 Tai Chi

Tuesday June 7

8:45 Strength & Stretch
9:00 "Go the Distance" Mile Walk Challenge
9:30 Cup of Conversation
10:00 PVTa Photo ID: CANCELLED FOR JUNE
10:00 Blood Pressure Clinic
10:00 Caregiver Support Group*
10:00 Stretch & Tone
12:30 Sewing Workshop Final Session

1:30 Author of the Month: Carin Clevidence & *The House on Salt Hay Road*
2:45 Tea Time Tuesdays

Wednesday June 8

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
11:00 Drop In Photography
11:30 Beginner/2nd Year Tap
12:00 Low Vision
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- *By appointment only*
1:00 Scrabble
1:00 Timeless Tunes @ Highview
2:45 Feldenkrais
2:45 Tai Chi
7:00 Group Sing
7:00 Yoga
7:00 Surfing the Web*
7:00 Coloring for Adults

Thursday June 9

8:30 Computer One on One Appts*

Please note that programs, dates, and times may change or be cancelled and fees may be changed without notice.

JUNE 2016

website: www.northamptonma.gov/713/Senior-Services

For more information
please call 413-587-1228

8:45 Strength & Stretch
9:00 Benefits Counseling
appointments
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Knitting Drop In
10:00 Brown Bag
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:00 Readers & Thinkers
1:00 Piano with Jeff Olmsted*
1:00 Mahjongg
1:30 NCOA Board Meeting
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi

Friday June 10

8:20 Dynamic Fitness DVD
9:00 Father's Day Breakfast*
9:00 Deb Hollingworth*
9:30 Low Impact 1
10:30 Low impact 2
12:00 Contract Bridge
12:30 Visit from Dewey the
Therapy Dog
1:00 Senior Gay Men's Drop-in
Group
1:00 NO CHAIR YOGA TODAY
1:30 Chess
2:45 Yoga
2:45 Tai Chi

Sunday June 12 11:00 am – 4:30 pm
- Senior Swim – Free for Northampton
residents and \$4.00 for non-residents
age 55 and older at JFK's Aquatic
Family Center

Monday June 13

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 Needle Workshop
1:30 Learn to Meditate
2:45 Tai Chi

Tuesday June 14

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
2:00 Chair Volleyball
2:45 Tea Time Tuesdays

Wednesday June 15

8:20 Dynamic Fitness DVD
9:30 Foot Care Clinic*
9:30 Low Impact 1
10:30 Low impact 2
11:00 Drop In Photography
11:30 Beginner/2nd Year Tap
1:00 Timeless Tunes hosts Golden
Moments
1:00 Zumba Gold
1:00 SHINE- *By appointment only*
1:00 Scrabble
2:45 Feldenkrais
2:45 Tai Chi
7:00 Mystery Book Club:
*Sweetness at the Bottom of
the Pie* by Alan Bradley
Yoga
7:00 Youtube*
7:00 Coloring for Adults

Thursday June 16

8:30 Computer One on One
Appts*
8:45 Strength & Stretch

9:00 Benefits Counseling
appointments
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:30 Intermediate Tap
1:00 Piano with Jeff Olmsted
1:00 Mahjongg
1:30 BINGO
2:45 Tai Chi

Friday June 17

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Nutritional Outreach
10:30 Low impact 2
12:00 Contract Bridge
12:30 Visit from Dewey the
Therapy Dog
1:00 Gentle Chair Yoga
1:00 Senior Gay Men's Drop-in
Group
2:45 Yoga
2:45 Tai Chi

Sunday June 19

11:00 am – 4:30 pm - Senior Swim
– Free for Northampton residents and
\$4.00 for non-residents age 55 and
older at JFK's Aquatic & Family Center

Monday June 20

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Computer Security, Privacy
Well Being with Northampton
Computer Repair*
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 Needle Workshop
1:30 Monday Movie: Youth
1:30 Learn to Meditate
2:45 Tai Chi

Tuesday June 21

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
11:30 90 & Up Birthday
Celebrations*
2:00 Chair Volleyball
2:45 Tea Time Tuesdays
4:00 Disability Commission

Wednesday June 22

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
11:00 Drop In Photography
11:30 Beginner/2nd Year Tap
12:00 American Red Cross
Community Blood Drive
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- *By appointment only*
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais
2:45 Tai Chi
7:00 Virus Protection*
7:00 Yoga
7:00 Coloring for Adults

Thursday June 23

Deadline to sign up for Lighthouse
Cruise
8:30 Computer One on One
Appts*
8:45 Strength & Stretch

9:00 Benefits Counseling
appointments
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:30 Intermediate Tap
1:00 Retirement Reception for
Patte Shaughnessy
1:00 Mahjongg
1:30 BINGO
2:45 Tai Chi

Friday June 24

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
12:00 Contract Bridge
12:30 Visit from Dewey the
Therapy Dog
1:00 Information Session on
New Cancer Center at CDH
with Dr. Newsome
1:00 Gentle Chair Yoga
1:00 Senior Gay Men's Drop-in
Group
1:30 Chess
2:45 Yoga
2:45 Tai Chi

Saturday June 25

FDR Trip

Sunday June 26

11:00 am – 4:30 pm - Senior Swim –
Free for Northampton residents and
\$4.00 for non-residents age 55 and
older at JFK's Aquatic Family Center

Monday June 27

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 Needle Workshop
1:00 Strawberry Shortcake
Celebration sponsored by
Highview*
1:30 Learn to Meditate
2:45 Tai Chi

Tuesday June 28

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
1:00 Making Teacup Bird Feeders
with CareOne*
2:00 Chair Volleyball
2:45 Tea Time Tuesdays

Wednesday June 29

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
11:00 Drop In Photography
11:30 Beginner/2nd Year Tap
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- *By appointment only*
1:00 Scrabble
1:00 Timeless Tunes @ Lathrop
Home
2:45 Feldenkrais
2:45 Tai Chi
7:00 Evening Yoga
7:00 Coloring for Adults
7:00 Malware Protection*

Thursday June 30

8:30 Computer One on One
Appts*

8:45 Strength & Stretch
9:00 Benefits Counseling
appointments
10:00 Cooking with Sherry: Picnic
Where You Can*
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:30 Intermediate Tap
1:00 Piano with Jeff Olmsted*
1:00 Mahjongg
1:30 BINGO
2:45 Tai Chi

* Indicates registration is required
due to a minimum enrollment or new
opportunity.

**See you at the
Senior
Center..**

*Below are some of the upcoming op-
portunities at the Senior Center.
Scan cards are required to participate.
Sign up for one today if you don't have
one. Call 413-587-1228 with questions*

Photography Club-Friday July
1 at 1:00 pm. Monthly meeting
on the first Friday of the month.
Minimal fee per year.

Mystery Book Club-Wednesday
July 20 at 7:00 pm. Join us as we
discuss the book *Relic* by Douglas
Preston & Lincoln Child. The
novel is the first in the Special
Agent Pendergast series.

Ice Cream Social-Friday July 22
at 1:00 pm. Celebrate National
Ice Cream Month with a sundae
and entertainment! Sponsored by
CareOne at Northampton. Free
with a scan card. Pre-registration
required.

Lighthouse Cruise-Sunday July
31. A cruise along the Connecticut
River to see eight lighthouses and
a late lunch at the Steak Loft in
Olde Mistick Village. \$104 per
person. Trips are open to ALL
ages from ANY community. Sign
up deadline: June 23.

Samson-Tuesday October
25-Thursday October 27. A three
day trip to see the biblical show
Samson at the Sight and Sound
Theater in Pennsylvania. Trip
includes time at Sands Casino,
Longwood Gardens, shopping
and much more. Cost is \$467 per
person double occupancy. Reserve
your seat with a \$50 deposit.
Trip insurance available. Sign
up deadline August 2. LIMITED
SEATING.